

Nutrition Facts

Serving Size 1 cup (70g) Dry Mix
(Makes 1 cup prepared)
Servings Per Container 10

Amount Per Serving

Calories 400

Calories From Fat 210

% Daily Value*

Total Fat 24g 37%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 230mg 77%

Sodium 930mg 39%

Total Carbohydrate 30g 10%

Dietary Fiber 4g 16%

Sugars 5g

Protein 14g 29%

Vitamin A 15% • Vitamin C 30%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: Hash Browns* (potatoes, vegetable oil, [may contain one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil, hydrogenated soybean and/or cottonseed oil], salt, dehydrated potato, enriched bleached flour [wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], potassium sorbate [to maintain freshness], natural flavoring, disodium dihydrogen pyrophosphate [color retention], dextrose), Precooked Eggs* (whole eggs, egg yolks, nonfat dry milk, modified corn starch, corn oil, salt, yeast extract, sunflower oil, smoke flavor, xanthan gum), Pork Sausage* ([pork, salt, spices, sugar], textured vegetable protein [soy flour, salt]), Red and Green Bell Peppers*, Dehydrated Onions. *Freeze Dried

CONTAINS: Egg, Milk, Wheat, Soy.

3330482A
PP Rev. 1307Y



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